

1 Nov. 1984

300 Mile Swimmer

Dr. Kelly Jarvis recently completed swimming 350 miles at the Wasatch Community Swimming Pool on their American Red Cross "Swim and Stay Fit" program.

Dr. Jarvis and his wife have 5 children, and is the owner of the Wasatch Chiropractic Office in Heber City.

Kelly is a member of the Masters Swim Association which caters to swim competition for fun and relaxation for those over 25 years of age as an incentive to see to it that they exercise throughout their life.

He enjoys all water sports.

He plans to swim as often as possible and stated, "From the view point of a chiropractor, swimming is less stressful on the

joints while still building cardiovascular endurance. It is a great opportunity for those with

arthritis to trim down and exercise."



Dr. Kelly Jarvis

Dr. Gerald Klein

Attends Seminar

Wave 11-21-84

Dr. Gerald W. Klein, a Heber Chiropractor, recently returned from an intensive seminar in Salt Lake City, Utah. The educational seminar was sponsored by the Utah Chiropractic Association. The featured speakers were Dr. William Kirkaldy-Willis, an internationally known orthopedic surgeon and Dr. J. David Cassidy an internationally known chiropractor. Drs. Cassidy and Kirkaldy-Willis are on staff at Saskatoon Medical School in Canada. There they conduct extensive research in the clinic and hospital. Their present research is directed toward low back pain. This condition affects 80% of the population at some time or another. Their research confirms the fact that Chiropractic is the best treatment for the largest category of low back as well as many other conditions.

Both Dr. Cassidy and Dr. Kirkaldy-Willis indicated that the trend toward Chiropractic Doctors and Medical Doctors working more closely together

will be of great benefit to the patients served by that combination. Those doctors keeping abreast of the latest in research findings have no trouble working together for the benefit of the patient. That is the way it should be.

The latest in research and non-operative and operative techniques were discussed. Dr. Robert Morrow of Salt Lake City presented a program covering some of the latest methods used in surgery for those low back conditions that will not respond to conservative care. Also on display were many of the newest diagnostic and therapeutic developments available for the benefit of patients with many different conditions.

The seminar proved to be a very valuable experience in increasing knowledge and skills. Dr. Klein's clinic is located at 31 West Center in Heber City. Feel free to contact the clinic should you have any questions. The phone number is 654-1550.